

Top ten mass building exercises:

#1 Deadlift

#2 Squat

#3 Bench Press

#4 Clean

#5 Chin-Up

#6 Shoulder Press

#7 Bent Over Row

#8 Dip

#9 Biceps Curl

#10 Calf Press

Week One: 7 sets of 5

For an example:

Set One: 225 for five

Set Two: 245 for five

Set Three: 265 for five

Set Four: 275 for five (getting tired, tough lift, might not be able to get another set)

Set Five: 235 for five (nice refreshing drop in intensity)

Set Six: 255 for five (nice, challenging set...but not to bad)

Set Seven: Either 275 or 285, depending on spotters and energy

Week Two: 6 sets of 3

Week Three: 5-3-2

Week Four: Off!

Exercise Selection

Monday: Bench Press or Incline Bench Press

Tuesday: Row or Row Variation

Wednesday: Squat

Thursday: Off

Friday: Military Press

Saturday: Curl, Deadlift, Whatever